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HEALTHY ME

Welcome to the Hendricks Regional Health self-care page brought to you by the Hendricks Regional Health Wellness Team. Our goal is to provide easy access to a wide variety of updated, usable and comprehensive information on self-care in order to help you achieve and maintain your highest level of health and function possible. In checking back here frequently, you will have access to current self-care help available from our expert associates on a wide variety of topics. We also invite you to [sign up for BeWell](#), a free online health and wellness resource from Hendricks Regional Health.

What Is Self-Care? (Click for additional information)

Check out additional information below to help you get started!

"Believe what your heart tells you when you ask, 'Does this spark joy?'"—Marie Kondo

Help for the Holidays



It is that time of the year again. Before the candy from Halloween can be opened, Christmas trees appear in store windows, songs like *It's the Most Wonderful Time of the Year* blare on the radio, and ads for the perfect Christmas gift—a new car, the hottest toy, a sparkling engagement ring—play on all the television stations. Holiday season has begun!

But it is really the most wonderful time of the year? Hallmark movies and Christmas carols paint a wonderful picture of holidays filled with cheer and full of family, but not everyone gets along with their relatives. Instead of cheer, the holidays can bring people misery, loneliness, and stress. According to a study by the American Psychological Association, 38% of people report increased stress during the holiday season, and 26% report increased loneliness.

So what can you do to thrive during this bustling and stressful season? According to an article on [psychalive.org](#), consider some of the following tips to make the most out of your holiday season.

Don't expect perfection.

Do you envision a perfectly-roasted turkey, heaping sides of mashed potatoes, family members merrily eating around your table, your kindergartner being grateful for socks Grandma gave them, and smiling faces putting aside past hurts for the sake of the holiday? If yes, then you may want to lower your expectations, or you will feel very disappointed when the holiday unfolds differently. You can't control your relatives' behaviors or force people to get along. ***Make an effort to enjoy the simple things instead of stressing yourself out over people and events you can't control.***

Stop comparing yourself to everyone else.

Sitting in a group full of people and listening to their lives may bring out your self-critical voice that points out how your aunts, uncles, cousins, and in-laws are so much more successful, connected, or happier than you. Do any of these thoughts sound familiar?

- *She has a job directly related to her degree. Why can't I be like her?*
- *Everyone else is in a relationship. Even Brandon—and he's only 14! I'm going to be alone for the rest of my life.*
- *Their kids are so well-behaved. Mine are wild. Everyone must dread it when my kids arrive. They must be way better parents than I am.*

- *He has all these friends he hangs out with, and I just stay home alone every night. I'm the outcast of the family.*

You may have heard the expression *comparison is the thief of joy*. Critical comparisons divert us from enjoying the holidays. Learn how to ignore and shut off your inner self-criticisms. ***If you're worried about what other people are thinking about you, realize that people are thinking about themselves and may even be worried about how they appear to you.***

Spend time with the family you want.

Does your wife's aunt constantly start political arguments? Do your husband's cousins become obnoxious drunks? If certain family members cause you increased stress and anxiety, you may consider limiting your time with them and focusing on family members who bring you joy. Instead of spending an entire weekend with extended family who unsettle you, consider visiting everyone for several hours or half the day, and then make time to see your significant other, friends, or an intimate group of family. ***It's important to surround yourself with people who build you up and fulfill you, so limit time with people who do the opposite.***

Volunteer

If you can't be around family or friends this year, sitting inside your house or apartment and wallowing in your loneliness will only make you miserable. Volunteer at a soup kitchen, a church event, the local animal shelter, or find a cause you feel passionate about. ***Serving others helps you feel better, increases thankfulness for what you do have, and if you're with a team of people who share a common goal, the connection can improve your mood.***

Merry Christmas and Happy New Year From the Hendricks Regional Health Wellness Team!

For more information, click on the link to access the rest of the article and more holiday advice from pyschalive.org.

<https://www.pyschalive.org/5-ways-fight-loneliness-holidays/>

Give (or request) a Gift of Health and Well-Being

It's that time of year when we are often trying to find that perfect gift for our friends and family. How about giving gifts that will further their health and well-being? Below are some suggestions that are not a recommendation for any particular brand or item, but rather categories of health-promoting items and ideas anyone can use.

1. Snuggle and self-care items—things that are warm (or cold, depending on preference), soft, comfortable, and indulgent show your care and love for the recipient. We are wired to live in community, and in a culture where many are disconnected physically or emotionally from their neighbors and family, these types of gifts speak volumes.
2. Sleep aides—whether they be a calming app, a white noise machine, a memory foam bed topper, cooling sheets, weighted blankets, a regulated/deep breathing device, blackout curtains, or any other gift that helps sleep, you will be giving the gift better quality of life. Sleep time is when our body repair largely happens, but we live in a chronically sleep deprived culture.
3. Health trackers—with increasing numbers and types on the market, it's now easier to match a type of health tracker to the recipients' needs, be they sleep, weight, activity, stress or other variables.
4. Healthy cookbooks—whether your gift recipient needs a special diet for medical reasons, schedule issues (e.g. can only prepare food on the weekend), foodie interests, or is just working to eat better, there is likely a cookbook for them. We are what we eat, and all of us have room to improve in this area.
5. Healthy cooking ingredients and implements—spice up your gift recipients' lives with a healthy homemade ingredient from your kitchen, such as a season salt with roasted veggie recipes or a cooking implement (e.g. veggie spiralizer) with paired ingredients or recipes.
6. Give the gift of a coupon book focused on health—this can include coupons for a being a walking partner, a healthy cooking ahead day (buy, prep, combine ingredients for several months of partially prepared meals to encourage healthy eating rather than fast food when time is short), a hiking date, a ride the Cultural Trail downtown Indy date, a cleaning date (target one big job to do together), a let's pick up the creek/roadway/path date that combines activity with community service, and really, the only limit is your imagination.
7. Commitment to be a movement or exercise partner—whether your goal is walking over lunch, doing Tai Chi over a work break, meeting a friend at the gym for strengthening, or mall walking (separate

take over a work break, meeting a friend at the gym for strengthening, or that walking (separate from shopping or course!), knowing you are meeting someone for these activities adds accountability and strength to your commitment.

8. Other ways to keep moving—membership to state parks, helping set up your recipient with the Geocaching app (a fun way to go on purposeful walks), and gift certificates for novel exercise classes (e.g. yoga for sleep, pilates, etc.).

Please contact the Hendricks Regional Health Wellness Team if you have any questions about self-care.

 (317) 745-4451

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Hendricks Regional Health is a hospital system with medical facilities and a physician group serving residents of Hendricks County in suburban Indianapolis, Indiana (IN), including the towns of Avon, Bainbridge, Brownsburg, Danville, Greencastle, Lizton, Monrovia and Plainfield.

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